

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

January Vol 2026:01



To GPSG Members

GRATEFUL FOR YOU THIS YEAR.
THANK YOU FOR YOUR TRUST AND
COLLABORATION. WISHING YOU A
PROSPEROUS NEW YEAR!

Monthly Group Meeting:

9.45 FOR 10.00am, the last Friday of the month.

(December no meeting – Christmas function)

Venue:

Belmont Park Pavilion, 162 Barrabool Rd, Belmont.

Wheelchair accessible.

Coming Events

Date	Time	Meeting
Fri 30 Jan	10.00 am	Member's Meeting
Frid 27 Feb	10.00 am	Dr Sarker – AI in medicine
Fri 27 Mar	10.00 am	Physiologist

PCFA ONLINE COMMUNITY DIGEST

Stay up-to-date with the latest articles, videos and news posted to the website

PCFA Online Community

<http://onlinecommunity.pcfa.org.au/>

Geelong Group

Convenor:	Bill Rebula	info@geelongpsg.net
Secretary:	0414 524 155	
Treasurer:	Murray Sayers	muzanne@bigpond.com
	0407 437 707	
Mentor:	Alan Barlee	abarlee@bigpond.net.au
	0429 438 673	
	03 5223 3327	
Newsletter Editor:	Graham Rees	reesy60@tpg.com.au
	0408 990 971	

Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.

CELEBRATE

The Simple Things

PROSTATE NEWS

Issue 91 –
August
2025



Check the PCFA Website

www.prostate.org.au/publications/prostate-news

QUOTE OF THE MONTH

"One resolution I have made, and try always to keep, is this, 'To rise above the little things'."

- John Burroughs.

Proudly affiliated with



Prostate Cancer
Foundation of Australia

Disclaimer: The information contained in this newsletter, or discussed at meetings, should not take the place of medical advice from a qualified health professional. The services of a qualified medical practitioner should be sought before applying any information to particular circumstances.

This disclaimer is issued without prejudice.

And Now For an even Better New Year

The numbers keep growing (a record meeting attendance of 60 in 2025), the presenters were educational and we enjoyed the fellowship. Every year seems to get better regarding our Group. Of course, 2026 will be even better!

Next Meeting

Our next monthly Group meeting will be held on **Friday 30 January** at the Belmont Park Pavilion at the usual time of 10.00 am. We will have a members' meeting to start off the year and catch up with what's going on in our lives at present. Also, we will have something nice for morning tea.

Note: Partners are always welcome at our monthly meetings.

In the News

Efficacy and toxicity of low-doses versus standard-dose enzalutamide in advanced prostate cancer: a real-world study {BMC cancer. 2025 Dec 18.}

Enzalutamide at standard doses (160 mg/day) is effective in advanced prostate cancer (PCa) but is associated with considerable adverse events (AEs) and high financial costs. Preliminary reports suggest that low/intermediate doses (≤ 80 mg/day) retain efficacy while reducing toxicity. This study evaluates the efficacy and safety of low/intermediate dose vs standard-dose enzalutamide in a real-world cohort. There were no significant differences in progression-free survival at 12 months, nor was there on PSA response. Intermediate or low doses showed no evidence of adverse effects on OS at 36 months. The rate of fatigue worsening on high vs low dose was 61.1% and 27.3% respectively. Low/intermediate doses of enzalutamide show comparable efficacy than high dose while improving tolerability, indicating the need for further research of its optimal dose.

Patient Power

Essential Questions to Ask after a Prostate Cancer Diagnosis



Does Prostate Cancer Spread? Understanding the Risks

Prostate cancer starts in the prostate gland, but it can move into other parts of the body, too. An expert explains how and why this happens.

[Learn More](#)

Patient Power

Essential Questions to Ask after a Prostate Cancer Diagnosis



Is "Watch and Wait" Still a Common Option for Prostate Cancer?

You might hear your doctor use the term "active surveillance" instead. Here's what it means and why it's the preferred approach for many men with low-risk disease in the period before treatment.

[Learn More](#)

SCAMS

Several members have reported receiving emails from a Facilitator Group member but are obviously not genuine. For example, I received a scam one supposedly from Bill:

Eg: Bill me.something@somewhere.cl.

Just a warning, check the email address and make sure that you know where the email comes from and never click on the suspect ones. Just delete.

From PCFA

World first findings: Joint therapies could stop the spread of prostate cancer

A world-first Australian clinical trial co-funded by PCFA has found that a new combination of therapies could slow the spread of advanced prostate cancers. The EVOLUTION Phase II Clinical Trial has found combining LuPSMA with immunotherapy can slow the spread of prostate cancer more effectively than LuPSMA alone. [Read More](#)

Speeding up sexual rehab: New study on penile implant with prostatectomy

New research suggests that implanting an inflatable penile prosthesis at the same time as robot-assisted radical prostatectomy could provide benefits for men with pre-existing erectile dysfunction. The study found patients had faster and more effective sexual rehabilitation without compromising cancer control or surgical safety. Click on: [Simultaneous Penile Prosthesis Boosts Recovery After RARP -EMJ](#)

New research: Thyroid gland a novel target for prostate cancer treatment

New research has found that a hormone from the thyroid gland — acting through the receptor known as thyroid hormone receptor Beta (TR β) — may drive the growth of prostate cancer. Blocking TR β was found to dramatically slow the spread of tumour-cells in lab tests — even in castration-resistant prostate cancer. The finding is a significant step forward in treating advanced disease. Click on: [Thyroid gland new possible target for prostate cancer treatment](#)

Membership Renewal

GPSG Membership Fees and donations

It's again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 is due at the commencement of the calendar year. Please provide the treasurer with your membership fee, in cash with the slip below, or by credit card, at the next meeting. Alternatively:

Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block.

Being a financial member places you in the 'Active Member' category, one of the benefits being that you have access to upcoming events and the latest news about prostate cancer.

We thank you for supporting the Group. Any member wanting to cancel his membership with the Geelong Prostate Support Group, or anyone not wanting to receive our newsletter, please advise Bill Rebula on 0414 524 155 or by email on info@geelongpsg.net

2026 MEMBERSHIP RENEWAL

GEELONG PROSTATE SUPPORT GROUP

First Name: Surname:

Email:

Phone No



The Wife told the Husband to take the Twins for a hair cut and get different hair cuts so that you can differentiate them... This is how he brought them back...



Useful Links

Geelong Prostate Support Group: <http://www.prostate-cancer-support-geelong.net>
Australian Advanced Prostate Forum <https://www.facebook.com/australianadvancedprostateforum>
Exercise For People With Cancer: <https://www.exmedcancer.org.au/>
Prostate Cancer Foundation of Australia (PCFA): www.pcfa.org.au
Prostate Cancer Specialist Nurse: email pcn@barwonhealth.org.au
Barwon South Western Regional Integrated Cancer Service
<https://www.barwonhealth.org.au/services-departments/item/barwon-south-western-regional-integrated-cancer-service>
Prostmate: www.prostmate.org.au
Cancer Council Australia: www.cancer.org.au
Cancer Council Victoria: www.cancervic.org.au
Continence Foundation Australia: www.continence.org.au
National Cancer Institute: www.cancer.gov
Healthy Male (Andrology Australia): www.healthymale.org.au
USA Prostate Cancer Foundation: www.pcf.org
Us TOO International Prostate Cancer Education And Support Network:
www.pcf.org/ustoo/
Prostate Cancer Research Institute (PCRI): www.pcri.org
American Institute For Diseases Of The Prostate (Dr Charles “Snuffy” Myers):
www.prostateteam.com
Prostate Cancer UK <http://prostatecanceruk.org>
Prostate Cancer Foundation – USA www.pcf.org
Prostate Rehabilitation Exercise Program www.prostaterehab.com
Malecare: www.malecare.org
Life Extension: www.lef.org
Beyondblue: www.beyondblue.org.au
Lifeline: <https://www.geelonglifeline.org.au/>
Chronic Illness Alliance: www.chronicillness.org.au
Prostate Zone: www.theprostatezone.com
MatesCONNECT: www.prostate.org.au/support/matesconnect